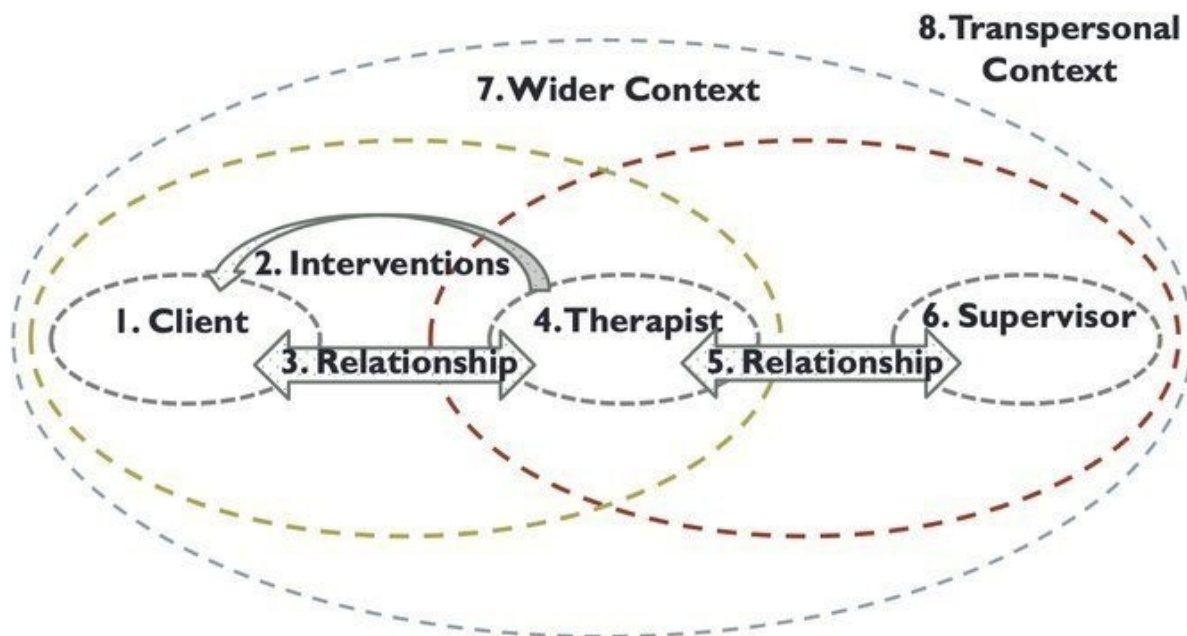


The Seven-Eyed Model of Supervision

The Seven-Eyed Model of Supervision is a process-orientated approach that integrates both the relational and systemic aspects of supervision. It focuses on the relationships between the client, therapist, and supervisor while also considering the interplay between these relationships and their context within the wider system.

The model is called “seven-eyed” because it addresses seven distinct aspects of the supervision process.



1. Focus on the Client and what and how they present

This mode focuses on what actually happened in the sessions with the client:

- How the client came to be having sessions; their physical appearance; how they move and hold themselves; how they breathe, speak, look, gesture, their language, metaphors, images and the story of their life as they told it

- What they chose to share, which area of their life they wanted to explore, and how the session's content might relate to previous sessions
- The choices the client is making
- The connections between the various aspects of the client's life

2. Focusing on Interventions

The focus here is on:

- Strategies, skills and techniques used by the therapist; when and why they were used
- Exploring and developing alternative strategies and interventions

3. Focusing on the Client-Therapist Relationship

The aim of this mode is to help the therapist gain greater insight and understanding of the dynamics of their relationships with their clients. This includes:

- Addressing contract and boundaries; therapeutic alliance and how it develops
- How the session started and finished, what happened around the edges of the sessions, metaphors and images that emerged
- Paying attention to the client's transference

4. Focusing on Therapist's Process

The focus is on how the therapist is consciously and unconsciously affected by the work with their clients and how they deal with this. It includes focusing on the therapist's emotional reactions and countertransference and their development.

5. Focusing on Therapist-Supervisor Relationship

The aims of this mode are:

- To ensure the quality of the working alliance between therapist and supervisor is good enough

- To explore how the therapist-supervisor relationship might be unconsciously playing out or paralleling the hidden dynamics of the work with the clients

6. The Supervisor focusing on their own process

Here, the supervisor pays attention to their immediate experiences in the supervision session – what feelings, thoughts and images are emerging for them while listening to the therapist and in response to the material shared by the therapist. The supervisor uses these responses as another source of information about what might be happening in the client-therapist relationship.

7. Focusing on the Wider Context in which the work happens

This model takes into consideration:

- The context of the client—client's family, social, cultural and economic context
- The context of the therapist's profession—employing organisation or training agency
- The wider world of the therapist and supervisor
- Professional codes and ethics (e.g. BACP)

All of the above is addressed within the Transpersonal context (8)

The transpersonal perspective includes:

- Looking for creative possibilities and seeing “crises as the opportunities for growth”
- Addressing meaning, values and common humanity
- Holding the emerging higher purpose (I-Self connection)

While supervision ideally involves all seven modes, incorporating each one in every session is not essential.

Reference:

Hawkins and Shohet (2006) *Supervision in the helping professions*. Open University Press, McGraw-Hill Education